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CACL Fall Newsletter 2016



## Fall 2016 Newsletter



University of New Hampshire

Promoting Person-Centered Options for  
Living & Aging in Our Communities



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University of  
New Hampshire

#### About CACL

CACL is a collaboration between the [Institute on Disability](#) (IOD) and the [Institute for Health Policy and Practice](#) (NHIHPP) at the

### ***Novel Initiatives, Meaningful Projects, and Forward Momentum:***

A Note From Laura Davie, CACL Co-Director

The UNH Center on Aging and Community Living (CACL) was founded in 2011 when the Institute on Disability (IOD) and the Institute for Health Policy and Practice (IHPP) formed a collaboration. This collaboration was a natural next step in the progression of working together on aging related projects and has proved to be successful and long lasting. Since 2011, CACL has been active on a number of initiatives around caregiver support, statewide transformation, increasing awareness of community-based programs and service, applied evaluation and research, and advocacy.



In the past year, CACL has had the opportunity to focus on novel initiatives. For example, CACL is functioning as the backbone organization for the current work of the NH Alliance for Healthy Aging (AHA). Rooted in nearly two years of work to engage stakeholders from many disciplines and from across the state, the Alliance for Healthy Aging will advance a shared agenda in support of its vision to *create communities in New Hampshire that promote culture, policies and services which support older adults and their families, providing a wide range of choices that advance health, independence and dignity.*

Other projects include: partnering with the Tri-State Learning Collaborative on Aging; serving as the project management entity for the Statewide Transition Plan (read more below); developing and implementing person-centered options counseling training for staff in the long term care field; working with the Occupational Therapy Department and the Social Work Department at UNH on research on caregiving, and hosting the annual Age of Champions event. These and other CACL projects represent CACL's commitment to improve knowledge, policies and practices that guide New Hampshire citizens and policy makers in preparing for the aging of the population. CACL is dedicated to promoting person-centered options for community living by striving to

*University of New Hampshire (UNH). CACL constructively engages partners within and outside the University in applied research that advances sustainable, person-centered options for aging and community living.*

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[cacl.chhs@unh.edu](mailto:cacl.chhs@unh.edu)

support projects that promote choice, direction, and control for individuals throughout their lifespan.

### NH's Plan for Home and Community Based Settings Submitted to CMS

The Centers for Medicare & Medicaid Services (CMS) issued a final rule in January 2014 to ensure that Medicaid's home and community-based services programs provide full access to the benefits of community living and offer services in the most integrated settings.

This rule impacts the four 1915(c) waivers in New Hampshire: 1) developmental disability services; 2) in-home supports for children with developmental disabilities; 3) acquired brain disorder services; and 4) Choices for Independence, services for seniors and adults with chronic illnesses.

Each state was required to develop a plan outlining how it will meet the compliance deadline of March 2019. The plan had to identify how each of the settings funded as home and community-based would be in full compliance with each of the expectations identified by CMS. The plan included regulatory review, assessment of settings, remediation steps, and ongoing monitoring efforts.

The Waiver Transition Team, responsible for the oversight of the state's plan, includes representation from the Department of Health and Human Services (DHHS), Bureau of Developmental Services (BDS), and the UNH Institute on Disability, which is coordinating this process on behalf of DHHS. An Advisory Task Force of stakeholders, including CACL, has been actively involved in the development of the plan. Moving forward, task force members will participate in workgroups during the plan's implementation. The state transition plan was submitted to CMS on May 26<sup>th</sup>. Currently the state is waiting to hear feedback. [Learn More](#)

### Union Leader Focuses on Aging Issues with New Article Series

The Union Leader, with funding from the Endowment for Health, has recently hired award-winning journalist Gretchen Grosky to cover issues related to the aging population in New Hampshire. This series is intended to provide Union Leader readers with an in-depth look into some of the aging issues in the state.

The articles will provide insight on challenges NH's older population faces and opportunities this population can offer the state. Following the final article, there will be a public forum to discuss the issues presented by Grosky as well as resources and programs available to communities across the state. The series is titled *Silver Linings: Issues of Aging in NH* and recently began coverage (Summer 2016) with the following topic areas:

- Growing Aging Population | The Changing Face of  
nd



NH: What it means to have the 2<sup>nd</sup> oldest population in the nation.

- Housing, Long-term Care, Living Arrangements | Where are NH's seniors going to live?
- Senior Transportation Services | Claremont seniors may lose needed bus service.
- Intergenerational Services | Atkinson teen campers serve lunch as senior citizens dish out stories.

Find the full articles at [Union Leader - Silver Linings](#).

## Items of Interest

- On Saturday, October 22, Scott Trudo will be conducting a workshop, *Live Your Passion*, at the Osher Lifelong Learning Institute (OLLI). OLLI is a volunteer-run organization at Granite State College (GSC), which is open to individuals 50+ years of age who enjoy learning for the love of it. Initially funded through a grant from the Bernard Osher Foundation, OLLI at GSC began in 2004 and now has over 1,000 members ages 50+ participating in events year-round. The workshop is based on his book, *Live Your Passion*, which Scott wrote to help people of all ages discover and live truly passion-filled lives.
- *Nine to Ninety* is a film about a family facing tough life decision about how to care for family members from the ages 9 to 90. If you are interested in borrowing the film or hosting a screening of the film please contact CACL. [Learn More](#).
- Justice in Aging released a [video](#) on homelessness. Visit their site to read about how to prevent and end homelessness among older adults and watch their video.
- AARP is running a campaign to change the perceptions of aging. The [Disrupt Aging Video](#) is worth a view and a share on Facebook to help spread the message!
- The National Academies Press released a [study](#) that examines the importance of supporting family caregivers as they provide "the lion's share of long-term care for our older adult population."



## Upcoming Events

- Dartmouth-Hitchcock Aging Resource Center hosts the *2016 Rural Health Conference* on November 2-3, 2016 at the Southbridge Hotel and Conference Center, Southbridge, MA [Register Here](#)
- Tri-State Learning Collaborative on Aging is hosting cross-border conversations on caregiving. The dates are:
  - November 4<sup>th</sup> at the Frank Jones Center in Portsmouth New Hampshire
  - November 15<sup>th</sup> at Hotel Coolidge in White River Junction, Vermont
  - November 17<sup>th</sup> at Sunday River (Grand Summit) in Bethel, Maine

[Find out more here](#)

- NHPHA hosts a conference, *Team Up, Take Action* on November 15<sup>th</sup>, 2016 at The Event Center in Nashua. [Register Here](#)
- CACL hosts Navigating Choice and Change: Frameworks for Implementing Person-Centered Planning on December 1, 2016 at the Institute on Disability. [Learn more](#)

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